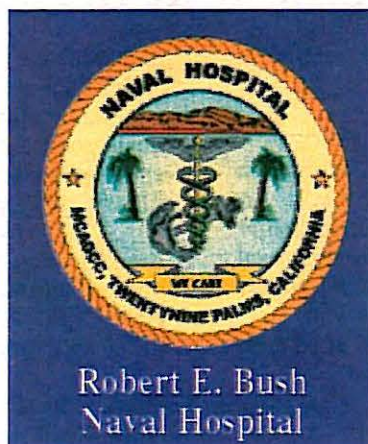




Check out our
Superstars on
pages 6 and 12



Robert E. Bush
Naval Hospital

Happy
Valentine's
Day!



www.nhttp.med.navy.mil

People of the Year, Quarter Honored at Naval Hospital

The Officers, Civilians and Sailors of the Year and Quarter for the Robert E. Bush Naval Hospital were recently honored in a special ceremony at the hospital's Quarterdeck.



Lieutenant Catherine O. Durham, a Family Nurse Practitioner in the hospital's Primary Care Clinic has been named Officer of the Year for

the period from January 1 to December 31, 2004.

Her citation reads in part, "As Family Nurse Practitioner, you performed your duties in a most consistent and exceptional manner. You maintained a consistently high patient empanelment, consequently managing the highest outpatient workload this year and still one of the most requested Primary Care Managers. You mentored a fellow Navy Lieutenant who is pursuing training as a Family Nurse Practitioner. You also authored multiple medical articles for the hospital newspaper. As a Sexual Assault Nurse Examiner (SANE) representative, you assisted in the coordination with the Naval Criminal Investigative Service to arrange for train-

ing of additional SANE representatives, resulting in the implementation of a watchbill to enhance the management of victims of sexual assault. Dedicated to command and base activities, you served as Chair of the CPR Committee, Affiliate Faculty for the hospital BLS Program, and member of the base Adult Case Review Committee."

Petty Officer 1st Class Timothy Hicks formerly of the hospital's Operational Management Department was selected as the Senior Sailor of the Year for the period January 1 to December 31, 2004.

His citation reads, "For distinguished performance of duty resulting in selection as the Naval Hospital's 'Senior Sailor of the Year' for calendar year 2004. After a highly competitive evaluation process, a board selected Fire Control Technician First Class Hicks as the 'TOP' senior sailor stationed at the hospital. This achievement attests to an exceptional demonstration of leadership, comprehensive professional knowledge and outstanding military bearing. His desire to excel is clearly evident by his continuous efforts towards self-improvement and has



earned the respect and admiration of his peers and juniors alike. FC1 Hicks' conduct, performance and dedication to duty, reflect credit upon himself and were in keeping with the highest traditions of the United States Naval Service."

Rebecca A. Pinkstaff, supervisor, Central Files Division has been selected as the Senior Civilian of the Year for the period January 1 through December 31, 2004.



Her citation reads in part, "Assigned as Supervisor, Central Files Division, Operating Management Department, you performed a full-range of administrative and technical duties, including the maintenance of local directives and forms, and monitoring message traffic, via the Defense Message System (DMS), both classified and unclassified. Your outstanding problem-solving skills as Assistant Department Head, were instrumental in maintaining harmony among shipmates and significantly contributed to a more smoothly run department. You superbly managed the Personnel Security

Please see **HONORED** on page 7

Inside...

The senior enlisted staff at the Robert E. Bush Naval Hospital initiated a new program to enhance the prospect of the hospital's junior personnel to excel in the Navy. *page 2*

February was National Heart month, a perfect time for women, regardless of age, to check their cardiovascular risks and develop a plan for minimizing those risks. *page 3*

I know; I know! Not another article about high blood pressure and heart disease. Why do people keep writing about this? *page 4*

Here are some health consumer scams that have cost consumers their money and sometimes their lives. Always remember, not all "medical" treatments work and not all "alternative" treatments are misleading. *page 5*

*Visit the Robert E. Bush Naval Hospital on line at www.nhttp.med.navy.mil

Presort Standard
U.S. POSTAGE
PAID
YUCCA VALLEY
CA 92284
PERMIT NO. 40

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250

The Future is Bright for Advancement at the Robert E. Bush Naval Hospital

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

The senior enlisted staff at the Robert E. Bush Naval Hospital initiated a new program to enhance the prospect of the hospital's junior personnel to excel in the Navy.

Petty Officer 2nd Class Dempsey Tomblin, a Radiology Technician and recent Senior Sailor of the Quarter at the hospital conceived the idea, developed it, and received approval from the command to incorporate the program as part of one of the hospital's strategic goals of taking care of its people.

In borrowing from another well known Navy program "Seaman to Admiral" this local endeavor has been titled "From Recruit to Chief Petty Officer."

The program addresses four aspects necessary to succeed and advance:

- * Physical Fitness
- * Evaluations
- * Military and Professional Education
- * In-rate advancement training.

Each aspect is addressed individually by evaluating enrollees to determine which area or areas they need to work on to make them more competitive for advancement. "This program is designed for Sailors to better prepare themselves. Whether they plan on staying on active duty, entering the Naval Reserves, applying for an officer program, or even getting out of the Navy after their enlistment," said Tomlin.

There are two methods that enlisted personnel at the hospital can be enrolled... self enrollment or command directed enrollment. Those enrolled to the program are guided by senior enlisted staff on a path structured to meet their individual needs by being instructed on the requirements to make them advancement competitive. "Members will enroll much like a Professional Qualifications Standards program and will rise to the challenge through self-motivation and team encouragement," said Petty Officer 1st Class Jon Jackson, director of In-rate advancement training.

Personnel receiving a raw test score of 50 or below will receive a Career Development Board. One of the options of the board will be to enroll the individual in the Recruit to Chief Petty Officer program. Those members are required to meet the same standards as the self-enrolled members.

Once enrolled, members are required to complete or focus on the following:

- * NAVEDTRA 14325 BMR
- * NAVEDTRA MRPO 3 & 2
- * Specific rate training manual or courses
- * Physical Training Program
- * Command/Community involvement
- * Advancement training and study

Each of these areas has senior petty officers from the command assigned as Directors.

The program is managed by the hospital's Leading Petty Officers and Directors through their divisional and directorate Leading Chief Petty Officers. It fulfills the needs of the

members as well as support to the chain of command through periodic progress reports.

"Ideally, the member will graduate from the program when they are selected for advancement," said Tomblin. "However, the needs of the Navy are beyond the control of the individuals, so they can look for success through the successful completion of all required correspondence manuals, achieving a raw test score of 65 or higher and be able to pass the PRT within Navy standards," added Tomblin.

Area Directors of the program are:

Military Education
HM1 Ubaldo Llanos
CS1 Ricky Monge

Physical Readiness
HM2 Ana Reyes

Performance Evaluations
HM1 Juan Johnson
HM2 Jill Bankus

Advancement Training
YN1 Maria Denette
HM1 Jon Jackson

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

Commanding Officer

Captain Robert J. Engelhart, MSC, USN

Executive Officer

Captain Dianne D. Aldrich, NC, USN

Public Affairs Officer/Editor

Dan Barber

Public Affairs Assistant

HM1 Kenneth Florence

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
FAX: (760) 830-2385
E-mail: d.barber@nhtp.med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Privacy...

A Primer for the Health Insurance Portability and Accountability Act

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Congress passed into law the Health Insurance Portability and Accountability Act of 1996 (HIPAA), intended to protect everyone's Health Information from unauthorized release. This law gives people rights with regard to their health information and sets rules and limits on who can look at and receive health information.

"It's in our interest not only to follow the letter of the law, but to go beyond that law to provide our patients with the best quality health care possible and at the same time to protect the trust they put in us to protect their privacy," said Captain Dianne Aldrich, Executive Officer, Naval Hospital Twentynine Palms.

Naval Hospital Twentynine Palms, including its Branch Health Clinic in China Lake, is required by law to educate staff and patients on how patient information may and may not be used and shared and to take appropriate and reasonable steps to keep patient health information secure. Everyone involved in health care must follow the law, and if violations occur, punitive or criminal action is taken swiftly.

Health care providers and Insurers who must comply with a patient's right to:

Please see **PRIVACY** on page 11

Heart Health for Women

Preventing Heart Attacks: What Women Need to Know

By Lt. Cmdr. Kathleen Hewitt, WHNP, CNM
Robert E. Bush Naval Hospital

February was National Heart month, a perfect time for women, regardless of age, to check their cardiovascular risks and develop a plan for minimizing those risks. For a long time, it was thought that women were not as susceptible to heart disease as men. However, heart disease is the leading cause of death in women in the United States, and American women are four to six times more likely to die of heart disease than of breast cancer. The American Heart Association estimates that one in nine women ages 45 to 64 have some sort of heart disease, and the ratio jumps to one in three for women over 65. So, it is essential that women, as well as men, especially those with a family history of heart disease, adopt a heart healthy lifestyle and maintain it as they get older.

The most effective way to lead a "Heart Healthy" lifestyle is to learn about your cardiac risk factors and take steps to minimize their impact on your life. The more risk factors that you have, the higher your chances are for cardiovascular disease (CVD). By identifying these risk factors and taking active steps to reduce their number or severity, you help lower the risk of developing a cardiovascular condition.

So, what are these cardiac risk factors? Is there anything we can do about them? If so, how can we change to lower our risks? After all, our health and life span are certainly at the top of our priority list!

There are some risk factors that cannot be controlled or modified. We certainly can not change Heredity, but we certainly need to realize that if our parents had heart disease at an early age, we are much more likely to develop coronary artery disease. The types of food, exercise habits, and exposure to smoking also run in families. But this does not mean that we just sit back and do nothing. If we have heart disease "in our family", we need to do everything we can to reduce our other risk factors... we should eat right, exercise, don't smoke, control our blood pressure and diabetes, and decrease stress levels.

Gender is another factor that can not be changed. Men have a higher incidence of heart disease at an earlier age. However, after menopause, the incidence of CVD in women catches up with that of men. This means that women tend to develop problems with heart disease 10 years later than men do.

Race. African-Americans are at greater risk for CVD than other races, even when all factors are equal. And African American women are less likely than white women to go to a health care provider to be evaluated for heart disease and to be on life-saving treatments and medications.

Even though the risk of heart disease increases with Age, it does not mean you can't do anything about it. A change in lifestyle with modification of risk factors has been shown in many studies to be helpful at any age. In fact, one study suggested that discontinuing smoking even after age 60 may add 5-7 years to our life.

The risk factors that can be controlled or modified are:

* **Smoking.** If you smoke, quit. If you don't smoke, don't start. Smoking is the major risk factor for heart disease in women. More than half of the heart attacks in women younger than 50 years are related to smoking. If you stop smoking, you can lower your risk of heart attack by one third in two years. Your chances of quitting smoking are better if you plan ways of coping with stress (for example, going for walks every day, and doing deep-breathing exercises).

* **High Blood Pressure.** Treating high blood pressure can lower your risk of heart attack and stroke. If your doctor has given you medicine to lower your blood pressure, be sure to take it regularly.

* **Exercise.** Heart disease is almost twice as likely to develop in inactive people. Regular physical activity... even mild to moderate exercise... can reduce the risk of CVD. Most people are very busy, but not very active. Everyone should make a habit of getting 30 to 45 minutes of low to moderate physical activity daily. Some simple ways to put more activity into your daily schedule can be:

Walk a few times around the mall or your neighborhood each day. Walking with a friend or joining a group may make it easier and safer for you to exercise often. Take your dog for a brisk walk. Hit a bucket of golf balls at the driving range. Ride a stationary bike or walk on a treadmill while watching TV. Walk around the house while you talk on a portable phone. Take an active vacation-go canoeing, mountain biking, or hiking. Plant a garden in your backyard. Participate in fund-raising walks and runs

* **Weight.** Exercise and low-fat diet can help you lose weight. Being overweight means you have a higher risk for many health problems, especially diabetes, high blood pressure, and heart disease. Your health care provider can help you get information about good diets and weight loss programs.

* **Low-Fat Diet.** Even if you are not overweight, keep your fat intake to less than 30 percent of your total daily calories. Avoiding saturated fat and lowering your cholesterol intake can help lower your risk of a heart attack.

* **Diabetes.** Women with diabetes have twice the risk of heart disease as men with diabetes. If you have diabetes, regular exercise, weight control, a low-fat diet, and regular visits to your health care provider are important. If you need to take medication for diabetes, be sure to take it regularly.

And finally, know the warning signs of a heart attack. In addition to classic symptoms such as chest pain or tightness, pressure or a squeezing sensation, discomfort or pain radiating to the shoulder, neck or jaw, accompanied by lightheadedness, sweating or shortness of breath, women need to be aware of something else. Women are more likely to have so-called "silent" or unrecognized heart attacks. That is because women often have different signs of a heart attack than men.

Women are more likely to have nausea, which may or may not be accompanied by vomiting. They may describe pain as occurring under the breastbone or in their stomachs. Women may report unusual fatigue, worsening with activity, and weakness in their arms, shoulders and chests. They also may experience a burning in the chest that they dismiss as indigestion. If you suspect a heart attack in yourself or another person, seek emergency medical help right away.

You can decrease your cardiovascular risk factors by learning more about YOUR risks, by talking to your health care provider, and working at eliminating or decreasing those risks. Be a Heart Smart Woman!

THE CHOICE IS SIMPLE

A smile is one of your greatest personal assets. We can now help you maintain and improve your smile - more conveniently than ever before! A new technology allows us to offer natural-looking, high-quality ceramic restorations, completed and placed in a single office visit.



Before



After

- ◆ Tooth-colored veneers, crowns and all other single-tooth restorations
- ◆ No messy impressions
- ◆ No "silver-colored" fillings
- ◆ Minimal invasion to the health part of a tooth
- ◆ All in one visit!

Let your smile be a sign of happiness and good health!
Call our office today to schedule a visit.

56020 Santa Fe Trail, #J
Yucca Valley, CA 92284
(760) 228-1733

Robert E. Lombardo, D.D.S.

REAL ESTATE LOANS

MARY JANE BINGE
Local Branch Manager

WELLS FARGO HOME MORTGAGE

22 Years of Serving the Morongo Basin
Fast Approvals • Friendly Service • Free Qualification
SERVING ALL OF YOUR HOME LOAN NEEDS
Instant Approval for Qualified Buyers

Please mention this ad for free credit report with pre-qual.

1-800-800-3622 • 760-367-3622 • 760-228-1881

6528 Hillside Avenue • Twentynine Palms, CA 92277

Construction to perm loans are now available and VA Arms



Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A., ©2004 Wells Fargo Bank, N.A. All rights reserved.



Medical Minute...

February is American Heart Month-so check this out!

By Lt. Catherine O. Durham, MSN
Robert E. Bush Naval Hospital

Know Your Numbers

I know; I know! Not another article about high blood pressure and heart disease. Why do people keep writing about this?

There are two good reasons for keeping this health issue in front of you. First, it is a treatable problem and second, because about one in five Americans has high blood pressure and about one-third of them don't realize it!

High blood pressure doesn't produce symptoms. That's why it has been called "the Silent Killer." So even if you feel well, that's no reassurance that your blood pressure is normal. Get it checked and know your numbers!

So what causes hypertension?

A specific cause for hypertension is not always found. Hypertension runs in families, so genes play a big role. The genes that cause hypertension haven't been found, but researchers are still looking. Other things that can cause high blood pressure include diseases such as diabetes, and obesity and unhealthy habits, such as an inactive lifestyle, excessive use of alcohol and a poor diet—particularly one that is high in salt and high-fat, high-calorie foods, and low in fruits, vegetables and low-fat dairy products.

If you look at the risk factors for heart disease, including heart attack, you will see that there are two kinds of risks - those you can change and those you can't! You can't change your age (don't you wish you could). You can't change your gender. You can't change your family history. Because you can't change these risks, it is doubly important to pay attention to the risks you can change, including getting hypertension under control!

So now what? How can I keep from getting high blood pressure?

If you have a family history of hypertension, especially if both of your parents have it, it's likely that you will get hypertension at some time in your life. You may be able to delay getting hypertension or reduce its severity by changing your lifestyle in the following ways:

- * Lose weight if you're overweight.
- * Limit your alcohol intake to no more than 24 oz of beer, 10 oz of wine or 2 oz of hard liquor per day for men and one half that amount per day for women and small, lightweight men.
- * Increase your physical activity (goal: 30 to 45 minutes of exercise four to six days per week).
- * Eat a balanced diet that includes plenty of fruits, vegetables, grains and grain products, and low-fat or non-fat dairy foods.
- * Use only a moderate amount of salt—try not to add salt to foods and avoid eating salty foods.
- * Reduce the amount of saturated fat and cholesterol in your diet.
- * Stop smoking.
- * Get your blood pressure measured at least once every year.

Take your Blood Pressure! You can use the machine at the drug store, the gym, or come here to have us check it out for you!

After you know what your blood pressure is, you need to know what is considered high. High blood pressure is either a systolic blood pressure (first number) of 140 or more, or a diastolic blood pressure (second number) of 90 or more, or both. In the past, many doctors and patients thought that the first number - the systolic blood pressure - was less important than the second number - the diastolic blood pressure. WRONG! It is now clear that either systolic or diastolic hypertension are problems. Sometimes, hypertension can cause symp-

toms like headaches, shortness of breath and chest pain. Usually, you can't tell when or if your blood pressure is high. In older people, a systolic measurement of 160 or more, even if the diastolic measurement is less than 90, isn't healthy.

High blood pressure increases your risk for heart attacks and strokes and that is even more true if you have other complicating conditions like diabetes and high cholesterol. But now there are dozens of medications that, combined with an appropriate diet and regular exercise, will make it possible for most patients to get to a blood pressure of less than 140/90.

Which brings us to the final thing that you need to do. If you are hypertensive, follow your doctor's advice and if he or she prescribes medication, take it - religiously. There is no "cure" for hypertension, but it can be controlled - but only if you help!

How will my family doctor treat my hypertension?

First, your doctor will make sure of the diagnosis by checking your blood pressure again.

Blood pressure goes up and down, even in people who don't have hypertension. For example, a painful injury or an illness with fever can cause your blood pressure to go up for awhile. You only have true hypertension if your blood pressure is elevated when you are resting comfortably and haven't done anything that would make your blood pressure high (e.g., smoking cigarettes, or drinking coffee or a caffeinated soft drink before your exam).

Next, your doctor will take your medical history and give you a physical exam to see if a specific cause for hypertension can be found. Your doctor will check to see if hypertension has damaged blood vessels in your brain, heart, kidneys or other organs. Your doctor will also check other risk factors, including smoking, high cholesterol levels, diabetes, and your family history of heart disease and stroke.

Your doctor will then decide on your treatment. This will include the lifestyle changes listed on the previous page, which are also useful in treating hypertension. Then, if your blood pressure is very high (above 160/100), or if you have one or more of the risk factors listed on the previous page, or if you have organ damage, including coronary disease, an enlarged heart, stroke or transient ischemic attacks (mini-strokes), kidney disease or peripheral arterial disease, your doctor will prescribe antihypertensive medicine and treat you for the other risk factors.

What are the chances that my doctor can control my blood pressure?

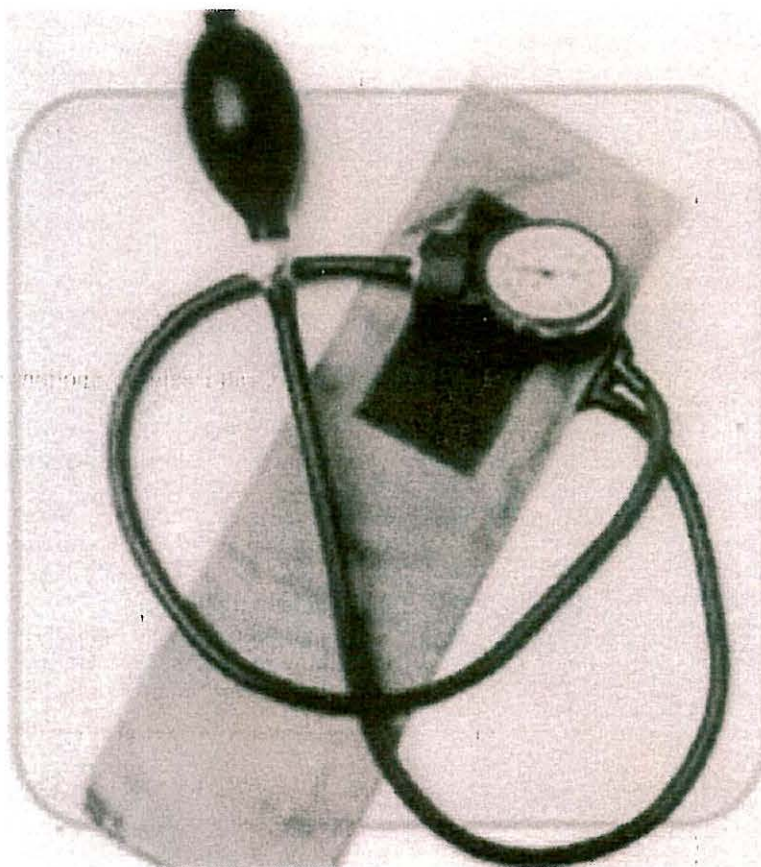
More than 80 different medicines are available to treat high blood pressure. More than 90 percent of patients with hypertension get good results from antihypertensive medicine if they follow their doctor's instructions. Your treatment will be more successful if you follow these guidelines:

cines if they follow their doctor's instructions. Your treatment will be more successful if you follow these guidelines:

- * Work with your doctor to establish treatment goals.
- * Involve your family in your treatment program—improve your family's diet and exercise. This is helpful for everyone and may prevent other family members from developing hypertension.
- * Measure your blood pressure at home and keep a daily record—this will help your doctor keep track of your progress.
- * Be sure to take your medicine every day.
- * If you don't think you're making progress in controlling your hypertension, talk with your doctor—communication is a key to success.
- * Keep your doctor appointments—even if your blood pressure is under control, see your doctor every three to six months.

So... what should you remember to do?

- * Know your numbers
 - * Go for the goal and don't settle for less.
- Are you really too busy to save your own life?



Here's to Your Health...

February Is Wise Health Consumer Month

By Martha Hunt, MA, Health Promotion Coordinator
Robert E. Bush Naval Hospital

Here are some health consumer scams that have cost consumers their money and sometimes their lives. Always remember, not all "medical" treatments work and not all "alternative" treatments are misleading.

The National Council Against Health Fraud's weight loss abuse task force has issued its list of the year's worst diet gimmicks called the "slim chance" awards. The "winners" for 2004 in the different categories are:

Worst gimmick: "Green Tea 300" patches, which are falsely claimed to burn fat, suppress appetite, increase thermogenesis, and speed the metabolic rate without increasing hypertension or heart rate. Four come free with a \$59.99 purchase of green tea. Green tea in the grocery store costs less than \$5 a box.

Most outrageous: "Estrin-D", billed as the first and only diet pill for menopausal and premenopausal weight gain, it is touted to reduce calorie intake, stop binge eating, increase metabolism, control mood swings, and provide a sense of well being. Chocolate anyone?

Worst product: "Cortislim", promoted with false claims that reducing cortisol (the stress hormone) with Cortislim will cause rapid fat loss from abdomen and thighs. Cortislim has been brought up on FDA charges of misrepresentation and ordered to cease. They have not yet done so.

Worst claim: "Carboburn", which claimed that low-carbohydrate dieters who missed living with their carbs, could resume eating them because carboburn would "neutralize the carbohydrates; block the storage of fat before it attaches to your stomach, waist, thighs, buns. Chisel your fat away and let lean muscle shine through and it doesn't matter if you hate exercise." If it did all that, don't you think everyone would be using it?

Here are some tips from the FDA to help you avoid fraudulent health care products; especially the nutrition weight loss products that at best don't hurt you but at the worst, can easily kill you.

Fiction: products that claim you can lose two or more pounds per week without dieting and exercise. A claim is false if it is telling you that you can quickly lose weight, drop dress sizes, lose inches, or lose body fat without changing your lifestyle. Losing weight will require you to change your eating and exercise habits.

Fiction: products that claim you can eat whatever you want and however much you want with no limits. A pill that will allow you to eat whatever you want and still lose weight? Science may be good, but it's not going to change the laws of physics. What goes into your body must go somewhere, whether it is expended into energy, turned into fat, or turned into waste; your body must do the work to expend the calories.

Fiction: products that claim your weight loss will be permanent even after you stop using the product. A pill that will curb your appetite is only going to work while you use the pill. Anything permanent is going to require a permanent lifestyle change. Notice a theme here?

Fiction: products that claim they will block absorption of calories or fat and lead to substantial weight loss. Even fat blockers must be used in conjunction with a lower calorie diet.

Fiction: products that claim you can safely lose more than three pounds a week for more than four weeks at a time. You should consult your health care professional for what your goal weight loss should be every week, especially if you are diagnosed with obesity. Intense weight loss of more than three pounds per week over several consecutive weeks can be damaging to your organs and cause health problems.

Fiction: products that claim all users will lose substantial weight. No product can work for everyone.

Fiction: products that are worn on the body or rubbed on the skin will cause substantial

weight loss. Patches, creams, lotions, body wraps, clothing, shoes, earrings, rings, belts, buzzers, etc. etc. -- leading to weight loss? Weight loss can only occur through changes in diet and exercise. However, if your purse or back pack is heavy enough, that may also help, but then your back hurts.

Many dietary and so called nutrition supplements are also under investigation by the FDA as they have been linked to serious side effects including death and seizures. Remember, when you take supplements and you think you know how to take them properly, that the people who died or had other adverse side effects also thought they knew how to take them properly! Nutritional supplements are not regulated by the FDA and so have never been proven to be safe or beneficial. Some of those under investigation by the FDA include: Aristolochic acid, Comfrey, Androstenedione, Chaparral, Germander, Kava, Bitter Orange, Organ/glandular extracts, Lobelia, Pennyroyal Oil, Scullcap, and Yohimbe.

Any supplement containing Ephedra or its byproducts was banned in the United States as of April 2004. Any products containing Androstenedione (Androstack, etc) are already banned by the US Olympic Committee and were banned as of January 20, by the United States Marine Corps.

Remember, if something seems too good to be true, then it usually isn't true. Weight loss only comes about through diet and exercise changes. Use common sense and consult a registered dietitian before taking any nutritional supplements. The Naval Hospital has two registered dietitians to help you achieve a healthier lifestyle through nutrition.

Health Education Classes

February Smoking Cessation

The Robert E. Bush Naval Hospital Health Promotions Program offers tobacco cessation classes in the Naval Hospital. Classes are offered at two convenient times of noon and 5:30 p.m..

To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start on Feb. 8.

Preparing for a New Baby

Robert E. Bush Naval Hospital will be offering a Sibling Preparation Class on Saturday, Feb. 12, from 10 a.m. to noon. This class is designed to help children of expectant families prepare for the role of big brother or big sister.

Geared toward children ages 3 years and up, pre-registration is requested and can be done by calling Outpatient Services at 830-2752. The class is located in the Naval Hospital.


For more information, please call Lt. Cmdr. Marjorie Alexander at 830-2171 or Lt. Cmdr. Nicole Polinsky at 830-2421.


Diabetes Self-Management Class


There will be a Diabetes Self-Management Class at the Robert E. Bush Naval Hospital in Classroom 3 on Feb. 28 and Mar. 31, from 2:30 to 4 p.m.

Eligible beneficiaries diagnosed with diabetes needing updated or ongoing diabetes

Please see CLASSES on page 11


ROBERTS
REALTY





ANNE BEATTIE
BROKER/ASSOCIATE
VICE PRESIDENT YUCCA VALLEY
CHAMBER OF COMMERCE

*Discover
Yucca Valley*

55971-29 Palms Hwy.
Yucca Valley, Ca 92284-2922
HM. OFFICE: (760) 228-0016
FAX: (760) 365-2627

Amalia A. Geller, M.D.

CHILD NEUROLOGY

**Autism • Seizure Disorders
Cerebral Palsy • Migraines
Behavior-Sleep Problems**

555 Tachevah Drive
Bldg. 1 East, Ste. 104
Palm Springs, CA 92262

Office: (760) 325-4478 • Fax: (760) 327-3944

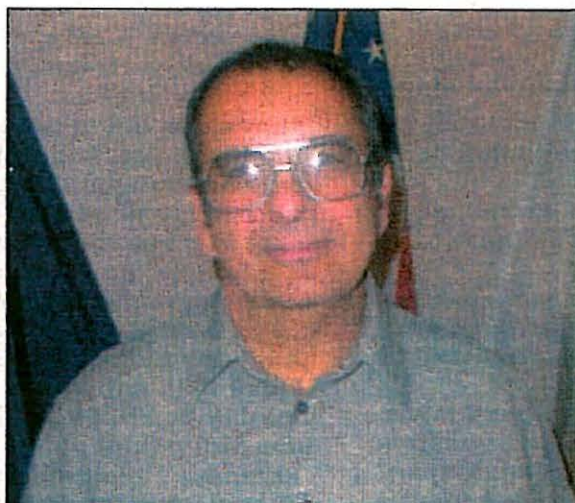




Super Stars and Hard Chargers...



Anthony Benavente, Procurement Management, retired from Civil Service.



Carmine Scelza, Safety, retired from Civil Service.



Lorraine Chamberlain, Outpatient Records, retired from Civil Service.



Maureen Chamberlain, Fiscal Department, retired from Civil Service.



CS2 Donald White, Nutrition Management, receives his fourth Good Conduct Medal.



Lt. Cmdr. Rodney Pray and Judy Pray receive the first place CG's Tennis Tournament trophy.



The hospital's Galley won the Top Dining Facility on base for the month of January. Representatives from left to right, CSSN Angelito Ilao, CS3 Smark Lara and CSI (SW) Kevin Stewart, accepted the award of behalf of the entire Nutrition Management staff.



Hospitalman Jessica McDurmon, Military Sick Call receives a Navy and Marine Corps Achievement Medal.



HM2 Ethan McElroy takes the oath of enlistment at his recent reenlistment ceremony when he signed up for six more years.

HONORED...

Continued from page 1

Division by expediting investigations for overseas orders and conducting reviews of staff members to ensure their investigations were completed and updated for their employment and deployments. As the hospital's only Notary Public, you assisted in numerous notarization processes, saving the command valuable manpower hours by minimizing the amount of work time used to complete such processes. You unselfishly stepped up to the plate while the department was undermanned, taking on extra workload and ensuring all tasks were completed in a timely and efficient manner. A true epitome of customer service, you praised the successes of your fellow shipmates and subordinates and continuously encouraged them to "go for the gold", proving that you truly care about command mission. You are an outstanding shipmate."



Hospital Corpsman Victor Urena of the Branch Health Clinic China Lake was selected as the Hospital's Junior Sailor of the Year for the period

od from January 1, through December 31, 2004.

His citation reads in part, "HN Urena demonstrating outstanding clinical knowledge and leadership skills while serving with First Marine Division 2/4 Echo Company. He provided first aid and advanced trauma life support for his platoon of 36 Marines. Supporting greater than 50 combat missions and over 100 patrol missions, movement for contacts, ambushes, and 15 Battalion and Company missions. After receiving wounds during an IED attack he continued to care and treat the Marines without concern for his own injuries. Hospitalman Urena's outstanding performance, initiative and loyal dedication to duty reflected credit upon himself and were in keeping with the highest traditions of the United States Naval Service. These true contributions of excellence has led to his selection as Junior Sailor of the Year, CY 2004 for the Naval Hospital Twentynine Palms, California."

Victoria A. White an Office Assistant Clerk in the Behavioral Health Division was named as the Junior Civilian of the Year for the period from January 1 through December 31, 2004.

Her citation reads in part, "While assigned as Office Assistant Clerk,

Behavioral Health Division, you managed your complex demanding duties with exceptional professionalism and devotion to duty. You were responsible

for receiving and distributing all incoming message traffic, creating and editing the clinic's minutes and schedules. A versatile individual and quick learner, you expeditiously completed all assignments. Your resourcefulness and meticulous attention to detail resulted in the smooth operation of your work. Not only did you set the standard for customer service, but you went above and beyond with lightning speed to assist TRICARE and Central Appointments with outstanding customer service. You are a superb Patient Contact Representative for the Naval Hospital, and an outstanding shipmate."

Lieutenant Andrew S. Wilson, a Nurse Corps Officer in the hospital's Labor Delivery Recovery Postpartum (LDRP) Unit has been named officer of the

Quarter for the period from October 1 through December 31, 2004.

His citation reads in part, "As Division Officer, Labor Delivery Recovery Postpartum (LDRP) Unit, you demonstrated the versatility and clinical professionalism of an outstanding Nurse Corps Officer. Recognized by your peers, subordinates and medical providers as an expert clinician, you ensured patients received exceptional, competent and compassionate clinical care. Your persistence and motivation resulted in the implementation of electronic charting for the LDRP Unit, which improved the accuracy and efficiency of nursing documentation. Additionally, you trained more than 35 personnel on the use of computer documentation, saving the command \$12,000 in training costs. Your creativity and commitment to staff training resulted in the development of an elaborate computerized program that tracked educational requirements and ensured 100% compli-



ance with training requirements."



Petty Officer 2nd Class Ana J. Reyes, Leading Petty Officer of the Ortho-General Surgery Department, has been selected as the Senior

Sailor of the Quarter for the period from October 1 through December 31, 2004.

Her citation reads in part, "As Leading Petty Officer, Ortho-General Surgery Department, your strong leadership and guidance of five General Duty Corpsmen and one civilian, resulted in quality medical care to over 600 beneficiaries this quarter and outstanding health support to 12 FMF units. Consistently performing at a level which exceeds that of your peers, you significantly improved the efficiency of the department, expertly managed a \$65K OPTAR, \$1M equipment inventory, and subsequently elevated staff morale to an all-time high. Throughout the quarter, you effortlessly demonstrated the skills of a natural leader, on and off duty, through numerous Navy Ball fundraisers and other command activities. In addition, you participated in community activities, which included the Hispanic Heritage celebrations in the local area. Your continued superb performance, professional development, and strong desire to excel were the reasons you were selected to participate in the command's "Recruit-to-Chief" Training Program to aid hospital staff in retention and advancement."

Colleen A. Sawaia-Moore a Budget Analyst in the Resource Management Department has been selected as Senior Civilian of the Quarter for the period

of October 1 through December 31, 2004.

Her citation reads in part, "While assigned as a Budget Analyst, Resource Management Department, you demonstrated exceptional professionalism and exemplary devotion to duty. You have gone out of your way to coordinate directly with Materials Management Department in order to ensure proper accounting and planning for several million dollars worth of contracts. You consistently performed above and beyond the



call of duty by taking on additional responsibilities and functions as needed, while still ensuring your day-to-day operations are always completed. You are a priceless team player for the Resources Management Department, and your proactive approach to doing business is greatly appreciated. Your superb attention to detail and consistent customer service has been very beneficial."



Petty Officer Third Class Michael W. Sandoval, Leading Petty Officer of Military Sick Call, has been selected as the Junior Sailor of the Quarter for the period of

October 1 through December 31, 2004.

His citation reads in part, "As Leading Petty Officer, Military Sick Call, you displayed strong leadership skills and immediately assumed the role of a Team Leader. Through your efforts and initiative, your department's Physical Fitness Assessment success rate improved from 66% to 96%, and advancement of junior personnel went from 0% to 55%, accounting for 33% of the entire command's E-3 to E-4 advancements. In addition, you took on the collateral duties of Training Petty Officer, Department Career Counselor, and Field Support Coordinator. Committed to command and community activities, you were a member of the command softball team and volunteered your off-duty hours to "Habitat for Humanity", the California Junior Cadets, and youth wrestling."

Deborah E. Hernandez, formerly a purchasing agent in the Material Management Department, was named as the Junior Civilian of

the Quarter for the period from October 1 through December 31, 2004.

Her citation reads in part, "Expertly serving as a Purchasing Agent, you meticulously performed all of your duties with a zeal and extreme professionalism. Your exceptional management skills were directly responsible for the processing of over \$1M in Purchase Card transactions and Delivery Orders. You performed continuous research by consulting technical and manufacturer's catalogs, buyer's



Please see HONORED on page 12

Preventive Medicine Corner...

Preparing for When the Big One Hits

By HMI(FMF) B. Jensen, Preventive Medicine
Robert E. Bush Naval Hospital

In light of recent world events, Preventive Medicine has put this information together so when a natural disaster strikes the Morongo basin everyone is better prepared. This article is written from the point of preparing for an earthquake; however the contained information will be beneficial for any natural disaster.

Emergency Supplies

Stock up now on emergency supplies that can be used after an earthquake. These supplies should include a first aid kit, survival kits for the home, automobile, and workplace, and emergency water and food. Store enough supplies to last at least 3 days.

First Aid Kit

Store your first aid supplies in a tool box or fishing tackle box so they will be easy to carry and protected from water. Inspect your kit regularly and keep it freshly stocked. NOTE: Important medical information and most prescriptions can be stored in the refrigerator, which also provides excellent protection from fires.

Drugs/Medications

- * Hydrogen peroxide to wash and disinfect wounds
- * Antibiotic ointment
- * Individually wrapped alcohol swabs
- * Aspirin and non-aspirin tablets
- * Prescriptions and any long-term medications (keep these current)
- * Diarrhea medicine
- * Eye drops
- Dressings
- * Bandage strips
- * Ace bandages
- * Rolled gauze
- * Cotton-tipped swabs
- * Adhesive tape roll
- † Other First Aid Supplies
- * First aid book
- * Scissors
- * Tweezers
- * Thermometer
- * Bar soap
- * Tissues
- * Sunscreen
- * Paper cups
- * Pocket knife
- * Small plastic bags
- * Safety pins
- * Needle and thread
- * Instant cold packs for sprains
- * Sanitary napkins
- * Splinting materials

Survival Kit for Your Home

Assemble a survival kit for your home with the following items:
Tools and supplies

- * ax, shovel, broom
- * screwdriver, pliers, hammer, adjustable wrench
- * rope for towing or rescue
- * plastic sheeting and tape

Emergency Water Storage And Purification

Following are recommendations for storing and purifying water supplies.

- * The minimum drinking water supply is 1 gallon per person per day. You will also need water for food preparation, bathing, brushing teeth, and dish washing. Store a 3-5 day supply of water (at least 5 gallons for each person).
- * Water should be stored in sturdy plastic bottles with tight-fitting lids. Rinsed chlorine bleach bottles work well. Plastic containers for juice and milk do not work as well because they tend to crack and leak more readily.
- * Stored water should be changed every 6 months.
- * Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides, are present. Vapors may penetrate the plastic over time.
- * Do not store water containers in direct sunlight. Select a place with a fairly constant, cool temperature.

Safe Water Sources In The Home

- If you do not have enough water stored, there are sources in your home that may provide safe, clean water for drinking purposes.
- * Water drained from the water heater faucet, if the water heater has not been damaged.
 - * Water dipped from the tank of the toilet (not the bowl). The water in the bowl can be used for pets. Do not use water that has been chemically treated or "blue" water.
 - * Melted ice cubes.
 - * Canned fruit, vegetable juice, and liquids from other canned goods.
 - * Water from the swimming pool. Use this water only after other sources of pure water are exhausted.

Unsafe Water Sources

Never use water from the sources listed below for drinking.

- * Radiators
 - * Hot water boilers (home heating system)
 - * Water beds (fungicides added to the water or chemicals in the vinyl may make water unsafe for use)
- NOTE: Remember that carbonated beverages do not meet drinking water requirements. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.

Water for Drinking and Cooking

Safe drinking water includes bottled, boiled, or treated water. Your state or local health department can make specific recommendations for boiling or treating drinking water in your area. Here are some general rules concerning water for drinking and cooking.

Remember:

- * Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, or make ice.
- * If you use bottled water, make sure the seal has not been broken. Otherwise, water should be boiled or treated before use. Drink only bottled, boiled, or treated water until your supply is tested and found safe.
- * Boiling water kills harmful bacteria and parasites. Bringing water to a rolling boil for 1 minute will kill most organisms.
- * Treat water with chlorine or iodine tablets or mix six drops (1/8 teaspoon) of unscented, ordinary household chlorine bleach per gallon of water. Mix the solution thoroughly, and let stand for about 30 minutes. However, this treatment will not kill parasitic organ

Please see **QUAKE** on next page



For help when you need it. . .

- Employment Agency
- Customized Training
- Secretarial Solutions

6393 Sunset Road, Joshua Tree, CA
(760) 366-3537

jazzercise

FREE MONTH

with 3 month purchase Only \$32.00 a month

New Students Only

No yearly contracts

Yucca Valley Community Center

Mon., Wed., & Thur. 5:45 PM
Saturday 9:00 AM

Call 363-7461

www.jazzercise.com



Naval Hospital Supports Community Blood Drive

The Community Blood Bank, communities of Coachella Valley and participating health agencies would like to thank all who participated in the Naval Hospital Blood Drive held on January 13th. From the 32 people who attended, 25 units of life-saving blood were collected. Since just one unit of blood can benefit up to three people, that's as many as 75 people whose lives may be benefited by the generosity of others!

We rely on the community to step forward to help maintain a safe and healthy inventory for the Coachella Valley and surrounding communities. And of the blood collected on base, 5% is given to Balboa Naval Hospital. The Marine base has a history of being a very strong supporter of blood bank. However, with the recent deployments in support

QUAKE...

Continued from previous page
isms.

Containers for water should be rinsed with a bleach solution before using and reusing. Use water storage tanks and other types of containers with caution. For example, fire truck storage tanks, as well as previously used cans or bottles, can be contaminated with microbes or chemicals.

Indoor Safety

There are actions you can take, even while an earthquake is happening, that will reduce your chances of being hurt. Lights may be out, and hallways, stairs, and room exits may be blocked by fallen furniture, ceiling tiles, and other debris. Planning for these situations will help you to take action quickly.

* If an earthquake strikes, you may be able to take cover under a heavy desk or table. It can provide you with air space if the building collapses. If you get under a table and it moves, try to move with it.

* Inner walls or door frames are the least likely to collapse and may also shield against falling objects. If other cover is not available, go to an inner corner or doorway, away from windows or glass panels.

* Stay away from glass and hanging objects, and bookcases, china cabinets, or other large furniture that could fall. Watch for falling objects, such as bricks from fireplaces and chimneys, light fixtures, wall hangings, high shelves, and cabinets with doors that could swing open.

* Grab something to shield your head and face from falling debris and broken glass.

* If the lights go out, use a battery-operated flashlight. Don't use candles, matches, or lighters during or after the earthquake. If there is a gas leak, an explosion could result.

* If you are in the kitchen, quickly turn off the stove and take cover at the first sign of shaking.

Checking Utilities

An earthquake may break gas, electrical, and water lines. If you smell gas: (1) open windows; (2) shut off the main gas valve; (3) do not turn any electrical appliances or lights on or off; (4) go outside; (5) report the leak to authorities; and (6) do not reenter the building until a utility official says it is safe to do so.

* If electric wiring is shorting out, shut off the electric current at the main box.

* If water pipes are damaged, shut off the supply at the main valve.



HI-DESERT PHYSICAL REHABILITATION GROUP, INC.

• PHYSICAL THERAPY • OCCUPATIONAL THERAPY
• SPEECH AND LANGUAGE PATHOLOGY

**Two Convenient Locations To
Serve You:**

YUCCA VALLEY **29 PALMS**
56299 29 Palms Hwy 5930 Adobe Rd.
Yucca Valley, CA Twentynine Palms, CA
369-1743 **367-1743**



Hours: Mon-Thur. 7:30AM-5PM • Fri. 7:30AM-2PM
www.hdprg.com

Did you know that you have the right to
choose your therapist? You can have the
best therapy right here in town!

of OIF and OEF, many of our regular donors are not able to donate. Anyone who has traveled to any Middle Eastern country must wait 12 months from the date of departure from that country to donate. With the continual growth of the Coachella Valley, the Community Blood Bank hopes to keep up with the growth and raise awareness and participation at both on and off-base blood drives.

The next blood drive at the Naval Hospital will be held on Thursday, March 10th from 1000-1400 and is open to everyone. This blood drive will be on our Bloodmobile and will be parked in the parking lot just outside the main hospital entrance. We encourage everyone who is interested, both hospital personnel and visitors, to participate in this blood drive. There is NO substitute for human blood and the need for blood never decreases. It is the gift of life! Every unit drawn really does matter!

For more information on this or other blood drives or for information about hosting a blood drive, please contact the Community Blood Bank at 1-866-507-5433.



SPACIOUS

A large lot in quiet neighborhood. Distinctive floor plan with a very large family room at the back of the house. There is a fireplace in the living room and a half bath in the family room.

\$149,500 MLS#21108600

PLAZA REALTORS

367-5839

5686 Historic Plaza
Twentynine Palms, Ca 92277



Larry Briggs
Broker/Owner



MLS

How TRICARE Changes When a Military Sponsor Dies or Retires

When a military member retires from active service and begins drawing retirement pay, one chapter in the member's life ends and another begins. If the member has a family, their individual lives change as well, including their TRICARE cost shares.

When an active duty sponsor dies, family members remain eligible for TRICARE benefits at the active duty dependent rates for a three-year period and during this time they are referred to as "transitional survivors." Transitional surviving family members previously enrolled in TRICARE Prime Remote for Active Duty Family Members lose eligibility for this program upon the sponsor's death while remaining eligible for TRICARE Prime, Extra, and Standard. At the end of the three-year transition, TRICARE eligibility continues for survivors, but at the retiree dependent rates.

Active Duty Service Member

And Dependents

Retired Service Member

And Dependents

Enrollment in TRICARE Prime

Active duty service members must be enrolled in TRICARE Prime. Dependents can choose which TRICARE option they prefer-TRICARE Prime, Extra or Standard

Retired service members and their dependents can choose from-TRICARE Prime, Extra or Standard based on availability in their location.

TRICARE Prime

- * No enrollment fees for active duty service members or their family members
- * No co-payments for any health care visit to a network or referred provider
- * No co-payments for hospitalizations

- * Enrollment fees apply-\$230 for individuals, \$460 for families
- * Co-payments (\$12) required for outpatient visits to network providers
- * Inpatient care-\$11 per day, \$25 minimum
- * Inpatient mental health-\$40 per day
- Prime Remote (TPR)
- * No enrollment co-pays
- * Eligibility ends when sponsor retires, dies, or moves out of a TPR area

* Not eligible

TRICARE Extra

- * Inpatient care-\$13.90** per day or \$25, whichever is more
- * Outpatient care-15% of the negotiated cost
- * Annual outpatient deductible-\$50 for individuals, \$100 for families† (E-1 - E-4),
- * Annual outpatient deductible- \$150 for individuals, \$300 for families (E-5 and above)
- * Inpatient care-\$250 per day or 25% of hospitals negotiated charges, whatever is less, plus 20% of allowable charge for separately billed professional services.

* Outpatient care-20% of the negotiated cost

* Annual outpatient deductible-\$150 for individuals, \$300 for families

TRICARE Standard*

* Inpatient care-\$13.90** per day or \$25, whichever is more

* Outpatient care-20% of allowable charges

* Civilian inpatient mental health-\$20 per day (\$25 minimum)

* Annual outpatient deductible-\$50 for individuals, \$100 for families (E-1 - E-4),

* Annual outpatient deductible- \$150 for individuals, \$300 for families (E-5 and above)

* Inpatient care-\$512** per† day or 25% of hospital's billed charges, whichever is less plus 25% of allowable charge for separately billed professional charges

* Outpatient care-25% of allowable charges

* Civilian inpatient mental health-lesser of \$169* per day or 25% of allowable fees plus 25% of allowable charge for separately billed professional services.

* Annual outpatient deductible-\$150 for individuals, \$300 for families

Catastrophic Cap*

\$1,000 annually

\$3,000 annually

Eligible for Medicare (age, disability or end-stage renal disease (ESRD))

Active duty family members are not required to enroll in Medicare Part B to remain eligible for TRICARE.

Retired service members and their dependents MUST enroll in Medicare Part B to remain eligible for TRICARE.

* The catastrophic cap is the annual upper payment limit. It applies only to the allowable charges for covered services.

**Rates are current for FY 2005; rates change every fiscal year.

Enrollment Fees/Allotments

Retired beneficiaries having to pay Prime enrollment fees can visit their regional contractor's Web site or call them for enrollment and fee payment option information. Retirees can pay these fees through monthly allotment only from their Service retirement pay. This retirement pay allotments may be deducted from one of the following pay agencies:

- * Defense Financial Accounting System (DFAS)
- * U. S. Coast Guard
- * U. S. Public Health Service

Beneficiaries who get survivor benefits from either retired or active duty sponsor are paid through a separate pay account and are not eligible for setting up an enrollment fee allotment.

To start an allotment, a beneficiary must fill out an Enrollment Fee Allotment Authorization Letter and send it to the Regional contractor (North, South, or West) along with an initial quarterly payment (beneficiaries will not need to send a quarterly payment when transferring from one region to another once the allotment process has already been set up). After the contractor receives the allotment authorization letter and initial quarterly payment, the contractor forwards a payment request to the designated pay agency. The pay agency in turn sets up a monthly payment to the regional contractor on the beneficiary's behalf.

The Enrollment Fee Allotment Authorization Letter is used to start, stop, or change monthly allotment payments from the retiree's pay account.

Use of Military Treatment Facilities (MTFs):

Retirees and their families who do not enroll in TRICARE Prime may continue to use

Please see TRICARE on next page

"Caring for the people you love"

- Private/semi private rooms
- Personalized daily care
- Home-cooked meals



Shari McGill-Cunagin

- Laundry service
- Housekeeping service
- Transportation provided
- Activity program
- Cable services
- Internet access

• Kind & caring staff

"Home like environment, with a family atmosphere"



(760) 367-9175
(760) 361-4005 Fax

73511 Sunnyvale Drive
Twentynine Palms, CA 92277
email: DesertRoseEC@aol.com

Real Estate... that cares.

- Buying
- Selling
- Investing

Jennifer Cusack,
Realtor Associate

(760) 369-9500

59060 29 Palms Hwy., Yucca Valley, CA 92284



DOD Lauds Blood Donors

January was National Volunteer Blood Donor Month, and the Armed Services Blood Program joined Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs, in commending those who have taken the time to save lives.

"I would like to extend my gratitude to those who have donated blood to the donor centers of the ASBP throughout its 51 years of operation," said Winkenwerder. "Since the onset of Operations Iraqi Freedom and Enduring Freedom, thousands of units have been transfused to those injured in Iraq and Afghanistan.

"As we continue to fight the Global War on Terrorism, the need for donors has never been more critical," he added.

TRICARE...

Continued from previous page

MTFs as capacity exists-if a particular facility can accommodate them. A priority system has been established for access to health care in an MTF. Briefly, the priorities are as follows:

1. Active duty service members
2. Active duty family members who are enrolled in TRICARE Prime
3. Retirees, their family members and survivors enrolled in TRICARE Prime
4. Family members of active duty service members who are NOT enrolled in TRICARE Prime (for the purpose of determining access priority, survivors of military sponsors who died on active duty who are NOT enrolled in TRICARE Prime are in this priority group)
5. All other eligible persons, including retirees and their families who are NOT enrolled in TRICARE Prime

TRICARE Plus is an MTF primary care enrollment program offered at selected MTFs. All beneficiaries eligible for care in MTFs (except those enrolled in TRICARE Prime, a civilian HMO, or Medicare HMO) may enroll in TRICARE Plus at an MTF if enrollment capacity exists.

Becoming Medicare-eligible:

Medicare eligibility usually begins on the first day of the month in which the beneficiary turns 65. If the 65th birthday falls on the first day of the month, Medicare Part A eligibility begins on the first day of the preceding month. If the Medicare-eligible beneficiary purchases Medicare Part B, he or she will remain eligible for TRICARE through a program known as TRICARE For Life (TFL). With TFL, beneficiaries retain their eligibility for TRICARE Extra and Standard, but not Prime. TRICARE acts as a second payer to Medicare for services covered by both Medicare and TRICARE. When a retired sponsor reaches age 65 and becomes eligible for TFL, his or her spouse maintains regular TRICARE eligibility until he or she (spouse) becomes 65 years old.

Persons under age 65 who become entitled to Medicare Part A because of a disability or End Stage Renal Disease (ESRD), and who are enrolled in Medicare Part B, maintain their eligibility for TRICARE Prime, Extra or Standard. If enrolled in Prime, the enrollment fee is waived for that individual. When they reach age 65, they will no longer be eligible for TRICARE Prime; they remain eligible for TRICARE Extra and Standard and become eligible for TFL. By law, TRICARE pays after Medicare for these eligible persons. Beneficiaries who become eligible for Medicare due to a disability or ESRD should report that eligibility to the nearest military personnel office, on or after the date of eligibility.

For more information, beneficiaries may contact a local health benefits adviser, beneficiary counseling and assistance coordinator or TRICARE service center or they may visit the TRICARE Web site at www.tricare.osd.mil.

PRIVACY...

Continued from page 2

- * Ask to see and get a copy of his or her health records;
- * Have corrections added to health information;
- * Receive a notice that tells how health information may be used or shared;
- * Decide if he or she wants to give permission before health information can be used or shared for certain purposes, such as for marketing; and
- * Get a report on when and why health information was shared for certain purposes.

All patients should be informed of these rights, and be given access to resources to discuss them. For local assistance, contact the HIPAA Compliance Officer, Kelly Von Poppen at (760) 830-2189, or the Customer Relations Officer at BHC China Lake, Lt. Cmdr. Sharron Yokley at (760) 939-8016 or at Naval Hospital Twentynine Palms, Lt. Cmdr. Jenevieve Williamson at (760) 830-2475. For more information on HIPAA please visit the web site at www.tricare.osd.mil or www.hhs.gov/ocr/hipaa or call toll-free 1-866-627-7748.

Navy Cmdr. Michael Libby, ASBPO director, echoed Winkenwerder. "ASBP personnel collect and process blood, but it is the dedicated donors committed to helping others that truly provide for those in need," he emphasized.

Whether due to injuries or illness, military members and their families need blood every day. More than 100,000 units of blood are transfused in military hospitals each year.

"The donors who give every day ensure blood will be there whenever it's needed, wherever it's needed," Libby said. "One month really isn't enough time to show the gratitude patients and their families feel for these lifesavers all year long, but it does give us a chance to acknowledge how special blood donors are."

Armed Services Blood Program blood donor centers conduct awards ceremonies and special events throughout the blood donor month to show their appreciation to those who give blood to help save the lives of others.

Please see DONORS on page 12

The Over-the-Counter Medication Program

In 2001, the Naval Hospital Twentynine Palms Pharmacy Department began an Over-the-Counter (OTC) medication dispensing program. This program offers TriCare patients access to several medications without the need for a doctor's appointment or prescription during normal pharmacy working hours. With the current "flu" season upon us, this program offers an excellent benefit for those suffering from minor aches, pains and congestion.

The value of a self-care OTC program is that "routine" patient care can be shifted away from the physician to either a triage nurse, corpsman or pharmacy personnel. By decreasing the requirements for "routine" cough and cold office visits, appointments are opened for more serious illnesses, as well as decreasing emergency room visits for common OTC medications.

Patients must complete a brief questionnaire to evaluate their current health status. Prior to dispensing any OTC medication, the pharmacy must know if the patient is currently taking any other medication or has a disease state that may interact with these medications. The patient also completes and signs a request form and a pharmacy staff member conducts a brief question-and-answer assessment of your medical conditions.

However, there are some limitations associated with this program. Patients who are children less than 2 years old and personnel who are currently in flight status or the Personal Reliability Program are not eligible to receive OTC medications. Patients who are pregnant or breast-feeding are restricted to certain medications that have been pre-approved by the OB/GYN department. For children older than two years of age, parents may only select items that have dosing instructions for their child's age. Also, each family member will be eligible to receive a maximum of four different items per quarter (3 month period). These medications will be entered into each person's computer prescription record to screen for allergies, overlap medications and duplications.

Remember that this program does not replace your healthcare provider. If your medical condition does not improve or if it worsens within 48 hours, the person taking the medication should seek advice from a medical professional.

OTC medications may be obtained for family members between the ages of 2 and 18 only by a parent or guardian. All patients must have a valid military identification card in their possession at the time of dispensing.

If you have any other questions concerning this program, please feel free to stop by or call the Pharmacy Department.

CLASSES...

Continued from page 5

information/education should plan to attend.

For more information or to sign up, please call the hospital's Outpatient Services at 830-2752 or ask your health care provider for a referral or call Lt. Greta Cavell at 830-2175.

Health Promotions Monthly Display

The Patient Education area of the Naval Hospital, the glass breezeway between the main clinic area and the rest of the hospital, will offer four education displays in the month of February. As heart disease is the leading killer of women in the US, there will be a display on heart health for women. February is also Wise Health Consumer month and we will offer information on health scams and how to avoid them. As our homes are closed up for the winter, we will offer information on the silent killers in our homes, Radon & Carbon Monoxide, and how to protect yourself and your family. Finally, February is Lose the Spit month so we are offering information on the dangers of Spit tobacco. Please feel free to visit these displays and pick up materials that can increase you and your family's health and well being.

TRICARE ONLINE -- The easy way to make an appointment

Tricare Online is a Department of Defense (DOD) computer system. If you are registered with the Defense Eligibility Enrollment Reporting System (DEERS), and are enrolled with Tricare Prime, you are eligible to register with Tricare Online.

If you are enrolled to this facility as a Tricare Prime Beneficiary, and have been assigned a Primary Care Manager, you are entitled to take advantage of special benefits such as making minor routine and follow-up appointments through our home page (<http://www.nhtp.med.navy.mil/>) via the appointment link or go directly to <http://www.tricareonline.com>.

For physicals or multiple-problem type appointments, you will need to call our Outpatient Services at (760) 830-2752. These types of appointments require a longer time with your physician.

Other options you will have available to you with Tricare Online are:

My Personal Health

* **My Personal Health Information:** My Personal Health information gives you information on your healthcare team and allows you to store your personal health information and access resources in a secure environment. You can even create your own personal health journal, access patient-focused web pages of your healthcare team, store your favorite links to health or wellness sites, and access disease tracking and management tools.

General Health Information

* **Be Well:** Access our wellness center for a comprehensive collection of features, factoids, and news to keep you and your family healthy.

* **Get Answers:** An educated healthcare consumer is the best kind. Learn about symptoms, medications, treatment options, and more.

* **Rx Checker:** Check your medications for possible harmful interactions.

* **Games for Kids:** Access fun tools and games that can help your children learn more about themselves and the world around them.

* **Get Answers:** Learn about symptoms and treatment options for your children.

If you wish more information about Tricare Online, or you are experiencing difficulty registering, please contact the DCS Business Office at 760-830-2675.

Make your appointment at the Robert E. Bush Naval Hospital by using TRICARE Online <http://www.tricareonline.com>



HM2 Jon Shaw, Physical Therapy, takes the oath of enlistment at his recent reenlistment ceremony where he reuped for 2 years.

DONORS...

Continued from page 11

Winkenwerder notes, "This caring and generous act saves lives, helps ensure the well being of America's armed forces, and provides family members with a unique opportunity to support America's fighting forces worldwide. Blood donors are heroes helping heroes."

The Armed Services Blood Program collects, processes, ships and stores blood products for military members and their families worldwide in peace and war. Though there are civilian agencies that collect blood, the ASBP is the only organization operated by the military to meet military blood needs. Active-duty service members, reservists, retirees, family members, Department of Defense employees and government contractors are eligible to donate to the ASBP.

HONORED...

Continued from page 7

guides, and commercial business directories with the objective of establishing competitive sources of supply for the purchase of similar and like items of materials and services."



Culinary Specialist Seaman Angelito D. Ilao, of the hospital's Nutrition Management Department, has been named "Blue Jacket of the Quarter" for the period from October 1 through December 31, 2004.

His citation reads in part, "During this time, you consistently performed your duties with the highest degree of pride and professionalism. As Diet Clerk, your working knowledge of therapeutic diet, compassion for patients, and ability to work independently contributed significantly to quality patient care. As a baker, you volunteered your off-duty hours, materials and expertise to prepare decorated cakes used to celebrate such events as Change of Command, retirements, and promotions. Additionally, you trained and managed two Culinary Specialists in the art of baking, resulting in a cohesive work force that produced

400 top quality products monthly for galley customers."

Life's Lesson...

When you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson.

-- Will Rogers



Rear Adm. Nancy J. Lescavage, Director, Navy Nurse Corps, left, presents a Navy and Marine Corps Commendation Medal to Cmdr. Louis Valbracht, of the Behavioral Health Clinic, during her recent visit to the Naval Hospital.

A View from Iraq...



Lt.j.g. Brian Hower, center, with Vice Admiral Donald Arthur to his immediate left, stand with others who are all deployed to Iraq.